

## This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Healthy Foods and Helpful Advice That's What WIC is All About

# Strong As Iron

Iron in the blood carries oxygen to all parts of the body, including the brain. All people – especially pregnant women — need iron to stay healthy. Infants and children must get enough iron for their body and brain to grow.

Mothers, babies, and children who have low iron levels

- get sick more often
- have less energy
- have poorer appetites



## Where to Get Iron

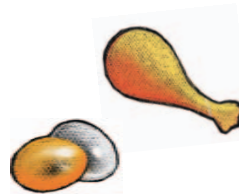
Iron comes from the foods you eat.

The best iron-rich foods for babies include:

- breastmilk
- iron-fortified formulas
- iron-fortified baby cereal
- strained, lean meat (for babies more than seven months old)

The best sources of iron for children and adults include:

- lean meats — beef, pork, and chicken
- eggs
- liver and gizzards
- dried peas and beans
- seafood — clams, oysters and shrimp
- iron-fortified breads and cereals
- raisins, prunes, apricots, and peaches
- dark green leafy vegetables — mustard, collards, and turnip greens, broccoli and spinach



## Get Vitamin C

Vitamin C helps iron get into the blood. Good sources of Vitamin C include:

- all WIC juices
- tomatoes and tomato juice
- strawberries
- melons
- orange juice
- cabbage
- oranges, tangerines, and grapefruits
- peppers

Use these menu ideas to help your body absorb more iron:

- peanut butter sandwich on whole wheat bread
- orange juice
- raisins
- WIC cereal with milk
- sliced strawberries or WIC juice
- chicken and bell pepper stir fry over rice
- spaghetti with meat and tomato sauce
- cooked cabbage
- melon slices



## Tea can cause low iron

Some foods and beverages keep your body from absorbing iron. If your iron is low, you may want to avoid eating or drinking

- tea
- coffee
- cola beverages
- too much chocolate

## Don't eat non-foods

Some items that aren't foods will block iron from getting into the blood. Avoid eating:

- ice
- starch
- clay
- dirt
- flour

## Sickle Cell Anemia and Lead Poisoning

People with sickle cell anemia need iron too. Iron will not prevent sickle cell anemia, but normal growth and development depend on iron. Foods rich in iron are good for people with sickle cell anemia.

Iron is also important in preventing lead poisoning. Iron stops the blood from carrying lead in the body. Too much lead in the body will keep infants and children from growing strong. Lead also harms pregnant and breastfeeding women and their babies.

The WIC package provides iron-rich foods that keep blood strong.